

Barley Soup

Ingredients

- 1/4 cup chopped shiitake mushrooms (soak mushrooms first)
- 1/2 cup barley
- 1 four-inch piece kombu
- 1 medium-size yellow onion, chopped
- 1/4 cup matchstick-cut carrots
- 1/2 cup thin diagonally-sliced celery
- 1 teaspoon sesame oil
- Barley miso
- Chopped garnish (scallion, parsley, or watercress)

Preparation

Soak the barley overnight in 2 cups of water. Pour the barley along with the soaking water into a soup pot. Add two cups of fresh water plus the kombu. Bring almost to a boil, reduce flame and cook for 45 minutes.

Meanwhile, sauté the onion in 1 teaspoon sesame oil for 3 minutes. Add the chopped shiitake and sauté for another 3 minutes, then add the celery and continue to sauté for 2 more minutes. Finally, add the carrots and sauté 2 minutes.

Combine the sautéed vegetables with soup and simmer for another 15 minutes.

Season with miso to taste.

Serve with a chopped garnish such as scallions, parsley, or watercress.